

1 **Abstract of the Invention**

2 A method of binding a book including the steps of providing  
3 a front cover page, a rear cover page and at least two center pages  
4 each constructed of a foam material and providing at least two  
5 binding sheets. A first center page is mounted on a first binding  
6 sheet with a connection portion of the first binding sheet not  
7 being covered by the first center page. Another center page is  
8 mounted on another binding sheet in the same manner. The first  
9 center page is then mounted on one of the front and rear cover  
10 pages and the connection portion of the first binding sheet is  
11 connected to an adjacent center page. The connection portion of  
12 the another binding sheet is then connected to the other of the  
13 front and rear cover pages and the front, rear and center pages are  
14 thus bound in book format.